Detoxing

http://www.healingwell.com/community/default.aspx?f=30&m=3703523&p=1

Well, this is what I do:

I use a foot soak,

dry skin brushing,

Lymph massages as needed,

making sure my bowels moved at least once a day (sorry if it's TMI!)

pushing myself to drink at least 64 ounces of lemon water each and every day,

liver/gall bladder flushes (all natural) as needed,

Apple cider vinegar,

Quercetin,

Alpha Lipoic Acid,

oil pulling with coconut oil and a few drops of tea tree oil,

using Yogi brand detox tea,

taking activated charcoal (when necessary),

and keeping the amount of stress in my life at a bare minimum.

Check out the lists that PeteZa has kindly posted and see what you can work in and what works best for you.